

Sound Sleep Toolkit for Champions

Daytime sleep technologist and Sleep Educator, Teresa Shuler (sanderst@musc.edu or 843-792-9534) can educate your group on the following sleep-related topics or other concerns by request:

Sleep Hygiene:

- Refers to a series of habits and rituals that can improve your ability to fall asleep and stay asleep. These Healthy Habits can significantly impact and improve the quality of your of sleep such as keeping a consistent sleep schedule, bedtime, and getting up at the same time daily. Studies have shown just a few slight adjustments can make the difference between sound sleep and a restless night.

Sleep Disorders:

- A **sleep disorder** is a medical disorder or condition that affects one's sleep patterns. There are many conditions, diseases, and disorders that can cause sleep disturbances. Several common sleep disorders are Obstructive Sleep Apnea (OSA), Insomnia, Restless Leg Syndrome (RLS), and Shift Work Disorder, etc.

Sleep Hygiene for Shift Workers:

- Shift Work Sleep Disorder is a sleep disorder that affects people who frequently rotate shifts or work at night. The work schedules of these people interfere with the body's natural time clock called circadian rhythm. These individuals have difficulty adjusting to the different sleep and wake schedule. Shift Workers experience a constant or recurrent pattern of sleep interruption that results in difficulty sleeping or excessive sleepiness. This disorder is common in people who work non-traditional hours, usually between 10:00 p.m. and 6:00 a.m. Studies have shown if general guidelines or hygiene habits are practiced the effects of shift work disorder can be decreased by following a few guidelines such as decreasing the number of night shifts worked in a row, avoid extended work hours, and getting enough sleep during your days off, etc.

MUSC Sleep Center:

MUSC Sleep Center offers variety of services in the community and to employees. Currently we have several Board Certified Physicians willing to see patients who may need to be evaluated for any Sleep Disorder.